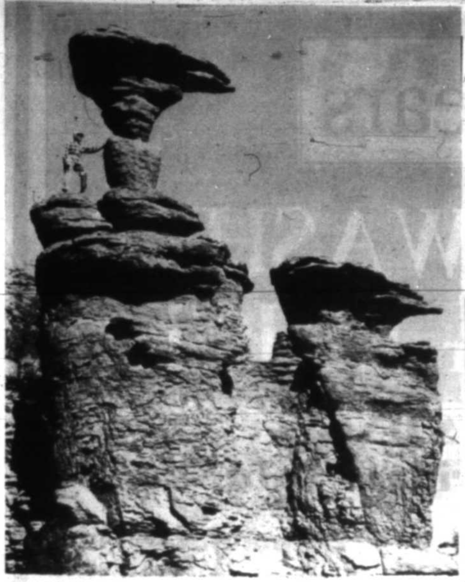

BALANCING ACT — Grotesque wind and rain sculptured rocks are the main attraction of Chiricahua National Monument in southeast Arizona. Forested mountains pierce the high desert valleys of this area called the "Wonderland of Rocks."

America's National Parks Offer Varied Panoramas

By JEFF CUSHING
Copley News Service

Standing at the crest of Lady Mountain in Utah's Zion National Park, a bewildering panorama spreads out before you like a multicolored blanket.

Soft folds of reds and browns give way to jagged peaks of purple, white and green. Far below a crystal stream winds its way down a canyon, fed by the melting snows of winter. Delicate flowers grow just inches from the rocky trail to the summit. And far above a jet travels east, leaving behind it a contrail of white vapor in the heavens. There is a strange silence, except for the wind and the birds.

Zion is just one of more than 275 areas included in the national park system. A total of 35 national parks, 85 national monuments, 13 national recreational areas and 7 national seashores awaits visitors in all 50 states, Puerto Rico and the Virgin Islands.

Located in the southwestern corner of the state, Zion is about a four-hour drive from Las Vegas or Salt Lake City. Open the year around, the park's layers of towering cliffs and slopes tell the story of the creation of earth and its natural forces spanning 150 million years.

Zion is a hiker's and camper's paradise. Although the roads give motorists a good view of the park, the real beauty begins where the roads leave off. On foot or on horseback — pack trips are provided by the Utah Parks Co. — the beauty of the park becomes more haunting the farther away one strays from the main roads.

Situated mostly on Mount Desert Island, the largest island along Maine's rocky, island-studded coast, Acadia National Park offers a harsh contrast to Zion.

Almost entirely surrounded by the sea, Acadia is a chain of rounded granite peaks which reach a maximum height of 1,530 feet. Rising steeply above deep valleys and lakes, they overlook the ocean and bays, neighboring islands and the nearby mainland.

One of the principal appeals of this seacoast island park lies in its historical associations. Its distinctive outline became an early landmark. For more than 100 years the island was part of France's new world territory of La Cadie. And it was the site of the first French Jesuit colony in America.

A 20-mile-long road on the eastern side of Mount Desert Island connects the lake and mountain area with the seashore. Leading off from this circuit route is Cadillac Summit Road which leads to superb panoramic views of the Atlantic Coast.

In the southwestern United States, Big Bend National Park offers a wide variety of scenic beauty and contrasts. Lying 306 miles southeast of El Paso, Big Bend is 708,000 acres large, big even by Texas standards.

Big Bend is a geological marvel of mysteries still unraveled. The sea once covered this vast area and later it was the home of dinosaurs and giant crocodiles.

The Rio Grande has also played its role at Big Bend, carving out huge gorges as it cut its way through this part of the Southwest.

The park contains more than 1,000 different plants including some species that grow nowhere else on earth. Wildlife abounds including coyote, ringtail, mule deer and peccary — javelina as they are called in Texas.

One of the more scenic highlights is Boquillas Canyon which cuts through the Sierra del Carmen range and at 25 miles is the longest of Big Bend's famous gorges.

For hikers and horseback riders, park trips up the Lost Mine Trail afford fine vistas of the surrounding area. And a 14-mile park trip to the South Rim will give the visitor a commanding view of a large portion of Texas and an even larger portion of Mexico with the Rio Grande marking the boundary.

About as far away as you can get from Big Bend is Mount McKinley, a 3,030-square-mile wilderness of alpine tundra, spruce forests and glacial streams. Sitting 250 miles south of the Arctic Circle, the continent's highest mountain glistens over a glacier-carved world unknown to many.

Next: National forests, places of beauty and "he-man" recreation.

Symptoms of Drug Use Revealed

By JOANNE REISER
Copley News Service

Many parents have begun asking themselves, "If drug abuse is really so widespread, how would I know if my son or daughter were experimenting with drugs?"

Authorities warn that the effects of drugs vary with each individual. No single symptom can be cited as proof of drug abuse. Some symptoms are the same as those of physical or emotional fatigue or illness.

One of the best over-all indicators is a change in a child's normal behavior. Is there marked loss of interest in school, social or sports activities? Is there a sudden carelessness in personal appearance?

The following symptoms are listed according to the particular drug addiction in which they generally occur. Though other signs may also be present, these are the most noticeable:

HALLUCINOGENS
(such as marijuana and LSD)

1. Careless euphoria.
2. Occasional dilation of pupils.
3. Distortion of sense of time and space.
4. Excessive laughing and giggling (marijuana).
5. Craving for sweets and candy (marijuana).
6. Increased pulse rate and blood pressure.
7. Unusual talkativeness or unusual depression.
8. Illusions and hallucinations.
9. Bloodshot, smoke-irritated eyes (marijuana).

AMPHETAMINES
(Such as speed, bennies, "pep pills" and cocaine)

1. Rapid pulse.
2. Restlessness, nervousness.
3. Jittery muscular twitches.
4. Heavy sweating.
5. Excessive talkativeness, hyperactivity.
6. Insomnia.
7. Loss of appetite.

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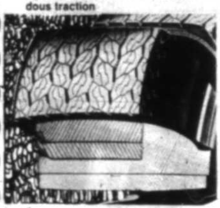

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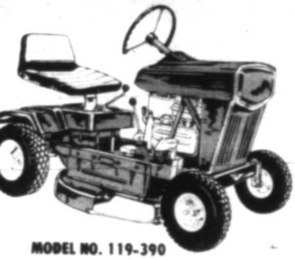

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